

POST SURGICAL INSTRUCTIONS FOR PERIODONTAL SURGERY

In order to obtain the desired result from therapy and minimize swelling and discomfort, **PLEASE READ ALL THESE INSTRUCTIONS CAREFULLY!**

- As the anesthesia wears off, you may have some discomfort. The medication labeled:

Motrin (Ibuprofen)

Aleve (Naproxen)

Vicodin (Hydrocodone/ Acetaminophen)

Other: _____ has been prescribed for you for pain relief.

Take it as directed. **DO NOT** substitute aspirin or other medications. If the medication makes you feel ill, please contact me.

- Swelling and bruising may occur during the first or second day. To minimize swelling and pain, **DO** apply ice to your face in the area of surgery for 20 minutes, then remove for 20 minutes. This should be repeated throughout the rest of the day, and discontinued after the first 24 hours. Ice or ice chips held in the mouth will also help minimize swelling and discomfort. If swelling begins after three or four days, call me.

- **DO NOT RINSE, SPIT OR USE A STRAW FOR 24 HOURS.** A small amount of blood in your saliva is normal during the first day. Excessive bleeding is not normal. If excessive bleeding occurs: 1) stop rinsing, 2) Sit up in a chair (do not lie down), 3) place a moistened gauze or a moist tea bag to the area for 30 minutes, 4) If bleeding continues, call me.

- Clean the surgical area by the following method ONLY: (**DO** clean the teeth that were not involved in surgery as well.)

Apply with cotton swab / Swish gently with the product named: Chlorhexidine / Hydrogen Peroxide /

Other _____ at least 2 times daily.

- For the **first week**, you should eat a very soft diet. You may choose soups, milkshakes, food supplements such as Ensure or an instant breakfast shake. Avoid hot or spicy foods. You must eat! Nutrition is important for optimum healing.

- In the **second week** you can eat soft foods, such as stews, soft (crust-less) sandwich, pastas, etc. **DO NOT** eat hard foods such as chips, nuts, pizza crusts, popcorn or seeds.

- An antibiotic labeled Amoxicillin Clindamycin Doxycycline Other _____ has been prescribed for you. It is **absolutely essential** to take all the pills as directed on the prescription label. Do not take them with milk or dairy products. Avoid sunbathing while taking antibiotics. Antibiotics can cause oral contraceptives (birth control pills) to become ineffective. If an allergic reaction (itching, rash or hives) or stomach discomfort develops, stop taking the medication and call me. If your breathing or swallowing becomes difficult, call #911 immediately!

- If a dressing was placed its purpose is to act as a bandage. Occasionally part or all of the dressing may fall off. If a small piece comes off, don't worry. If the dressing becomes loose to the point that it may fall off, remove it if possible. The dressing should be removed after the first post-operative week. If you have a removable denture placed over the dressing, **leave it in** until your next appointment.

- **DO** relax after the surgery with your head elevated and ice on the surgical site. **DO NOT** do anything related to the following: exercise, smoke or drink alcohol the day of the surgery.

- **PLEASE CALL US IF YOU EXPERIENCE EXCESSIVE BLEEDING, PAIN THAT IS NOT CONTROLLED BY PRESCRIBED DRUGS, FEVER OR ALLERGIC REACTION TO MEDICATION OCCURS. IF DIFFICULTY IN BREATHING AND/OR SWALLOWING IS ENCOUNTERED, IMMEDIATELY CONTACT EMERGENCY MEDICAL SERVICES (DIAL 911).**

- Telephone Numbers:

Sedona Periodontics: **(303) 450.3144** Dr. Sakkaris' phone number is: **(443) 799-2855**

- Your post-operative appointment is: _____. If you have difficulty making this appointment, please call as soon as possible to reschedule.